



**Dental
Directions**
Care for your smile

“BIOGRAPHIES”

Simon Lidster

Simon Lidster has been in partnership with Andrew Middleton since 1987 when they bought Southey Hill Dental Practice. In 1999 they expanded the business and bought Forge farm Dental Practice.

He has a passion for Endodontics (root treatments) and after a number of years working in the Charles Clifford Dental Hospital in the Endodontic department, opened up his own referral service based at Forge Farm, receiving referrals from GDP's across Yorkshire and Lincolnshire.

Simon is an enthusiastic teacher of Endodontics, delivering courses to Undergraduates, Foundation Dentists, IQE Dentists as well as Post-graduate dentists throughout the region.

He is an active member of the PASS scheme (Practitioners Advice and Support Scheme) which helps fellow dentists who are experiencing difficulties in their professional life due to personal, clinical, medical or addiction problems.

His hobbies include fishing, walking the North Walks Moors, photography and food (cooking and eating!)



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“COST DETAILS”

Endodontic Referrals

Assessment visit	Price: £60.00
Molar Endo	Price: £500.00
Other teeth	Price: £400.00

All patients receive full estimate at assessment visit

Miscellaneous

Apicectomies from: £400.00

Advanced restorative treatment planning inc study models
and xrays

Price: £250.00



“CASE STUDIES”

Extreme anatomy

For extremely curved canals conventional NiTi sequences pose the risk of file fracture. For the MB canal on this upper first molar I used a lot of pre-curved hand files and 2% taper RaCe rotaries. The 2% taper rotary files are less likely to fracture due to cyclical fatigue.

- MB1 prepared BioRaCe 35/04 2mm short of anatomical apex.
- MB2 joined MB1
- DB prepared to 40/04 BioRaCe 1mm short
- P prepared to 50/04 1mm short
- Obturation Resilon using System B and Obtura



The Problem



The Solution

Re-treatment

With extreme care old GP can be removed with rotary NiTi files running at high speed. Residual obturation materials can then be removed with Hedstrom files, and finally solvents such as chloroform, eucalyptus oil or Endosolv. It is always advisable to remove as much GP as possible before resorting to solvents as they can leave a smear round the cavity walls.

- MB1 & 2 35/04 BioRaCe
- DB 40/04
- P 50/04
- Warm vertical condensation with Resilon



The Problem



The Solution



“CASE STUDIES”

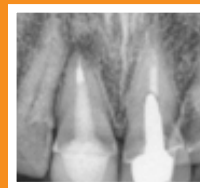
Missed Canals'

Metal posts come in a variety of types. Preformed parallel posts are generally easier to remove than custom-made Schenker type posts. With either Masserann drills or lots of ultrasonic energy most posts can be removed, though the process is often very time consuming.

Metal post removed with ultrasonics and water cooling, old GP removed, unfilled canal shaped and cleaned. Apical zone obturated with warm vertically condensed Resilon and fibre post cemented.



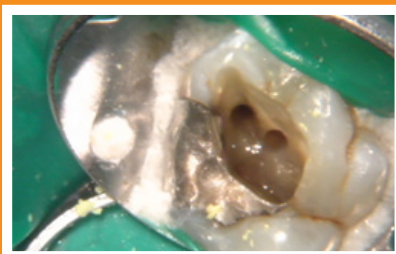
The Problem



The Solution

Missed Canals

According to the literature 93% of upper first molars have 2 canals on the Mesio-buccal root*. Of these approximately one third are a completely separate canal system with their own apical foramen. Often the MB2 canals are located under a shelf of dentine and even with a microscope they are not clearly visible. By using diamond tipped ultrasonic instruments and high magnification to pare away small amounts of dentine we locate a second canal on most upper first molars.



MB1 & 2 with separate apices





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“DIRECTIONS”



From the south of Sheffield

Exit M1 motorway at Junction 33 and follow **A57** towards the city.

Just before the end of the Parkway, filter right to follow signs to **A61** North.

Stay on the ring road (**A61 north**) leaving the city on Penistone Road.

Turn left onto **A6101** Bradfield Road (just after Morrisons and B&Q).

First exit at mini roundabout and straight on at the traffic lights to Holme Lane.

On Holme lane you will follow the tram tracks to the end and then take the second left onto Stannington Road (**B6077**)

We are the first building on your right.

The car park is to the right of the building or on the road where available.

From the North of Sheffield e.g Barnsley

Exit M1 motorway at Junction 36 and follow A61 towards the city.

Stay on the ring road (A61 South) towards the city centre on Penistone Road.

Turn right onto A6101 Bradfield Road (Sheffield Wednesday Football Ground).

Second exit at mini roundabout and straight on at the traffic lights to Holme Lane.

On Holme lane you will follow the tram tracks to the end and then take the second left onto Stannington Road (B6077)

From the West of Sheffield

Use the 'Snake pass' A57 which will bring you almost to our door. As the A57 joins A6101 turn left on Holme Lane then almost immediately left again onto Stannington Road.

We are the first building on your right.

From the East of Sheffield e.g. Doncaster, Lincoln

Use M18 and join M1 north exiting at Junction 33, the A57 Sheffield Parkway leading to the City Centre.

Then follow directions '**From the South of Sheffield**'